

**Drug Demand
Reduction
Program**

Did You Know?

April is Alcohol Awareness Month

APR 15

481-5998

Alcohol is the most commonly used addictive substance in the US—17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol. For many people the facts are not clear.



Alcohol abuse and alcoholism can affect all aspects of your life. Long-term alcohol use can cause serious health complications affecting virtually every organ in your body, including your brain. It can also damage your emotional stability, finances, career, and impact your family, friends and the people you work with. To get a better understanding of how devastating alcoholism is in our country, here are a few facts from the CDC:

- 79,000 deaths are annually attributed to excessive alcohol use
- Alcoholism is the 3rd leading lifestyle-related cause of death in the nation
- Up to 40% of all hospital beds in the US (except maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption

Over time, excessive alcohol use, both in the form of heavy drinking or binge drinking, can lead to numerous health problems, chronic diseases, neurological impairments and social problems, including but not limited to:

- Dementia, stroke, neuropathy
- Cardiovascular problems, atrial fibrillation and hypertension
- Psychiatric problems, including depression, anxiety, and suicide
- Social problems, including lost productivity, family problems, domestic violence
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, and burns
- Increased risk for cancers, including liver, mouth, throat, larynx and esophagus
- Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis
- Gastrointestinal problems, including pancreatitis and gastritis
- Alcohol abuse or dependence—alcoholism

Source of Information: NCADD